

**EXCERPT FROM
FUNCTIONAL REQUIREMENT DOCUMENT
PHYSICAL READINESS INFORMATION MANAGEMENT SYSTEM
(PRIMS)**

| Approved Stationary Bikes | Offset Value | Bike Formula |
|--|--------------|--|
| Life Fitness Model INC / Integrity Series Upright Bike | -5.2 | Male result = $((6.296 + 4.087 * \text{Member Weight} / \text{Calories Burned}))$ Female result = $((6.296 + 4.087 * \text{Member Weight} / \text{Calories Burned} + 1.770))$; minutes = round Down (result); Second – Round down(result – minutes) * 60) Runtime = (minutes.ToString("00") + second.ToString("00")); |
| Life Fitness 95Ci / Classic Series (CLSC) Upright Bike | 0 | |
| Life Fitness 95CiXXL | 0 | |
| Life Fitness 95C Inspire | -4 | |
| Cybex 625C/750C/770C | 3 | |
| Matrix U5X | -5 | |